

# **NO TRY!**

## **The Attitude to Beat The Monster!**

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### **No Excuses!**

Yes, that means no excuses. Nowadays many people suffer from excusitis! They always have a good reason for not having done what they promised or getting the results they planned. If you are serious about habits and beating the monster, there are no more excuses! It stops here. Totally up to you!

### **Open Mind**

Realize that you do not know everything. No one does. But be open to doing things differently. As Keith Cunningham says:

**"What I am today is the result of my best thinking, and what I don't know stops me from becoming the best I can be!"**

Your best thinking got you into bed with the monster. In order to move forward, you will have to do things in differently. Successful people are lifelong learners, so get hooked on finding more information by reading books, exploring the internet and talking to other people.

### **Take Action**

Nothing will change if you are glued to the couch watching TV. To change a habit, you have to take massive action and that includes daily rituals that will become part of your routine. You are here because beating the monster is your top priority, so step up and take action! It is about being a doer, not a sitter!

### **Responsibility**

You are responsible for your own actions and results. Nobody else! Now some of you will say "Yeah, but you don't understand.... You have never met my spouse..." I do understand, and I am not neglecting what other people might have done to you. However, in the end, there is only one that is responsible for your actions and your results and that is YOU! So stop whining, stop blaming and step up!

### **Yes, I will do whatever it takes!**

This is about commitment. You have drawn a line in the sand and decided that enough is enough. You are ready to do whatever it takes to beat the monster! Know that you might miss a day. Many people do. But never fear! You have within you the power to get back on track. Review your skills, snap that rubber band, and remind yourself that it is about learning. Ask for help when you need it. Keep moving forward. Beat the Monster and kick his sorry butt to the curb.

**"Do or Do Not, There is No Try" - Yoda, Star Wars**